

Cardiff Contemporary Festival
Gŵyl Caerdydd Gyfoes
03.10 – 09.11.2014

cardiffcontemporary.co.uk
cardiffcontemporary@cardiff.gov.uk

#Reveal/Conceal
#Datgelu/Celu

Capital Times

Cardiff Council Issue 166 October 2014



• Panto season at the New Theatre is going to be a ball this year as rugby legend Gareth 'Alfie' Thomas takes on the role of Dandini in the magical story of Cinderella (December 13 to January 18, 2015). Joining the 100 cap hero are Any Dream Will Do winner and Casualty star Lee Mead (Prince Charming), a sparkling Linda Lusardi as the Fairy Godmother, comedian Andy Jones (Buttons), Sam Kane and Mike Doyle as the Ugly Sisters and local rising star Holly Bluett as Cinderella. For more information, www.cardiffnewtheatre.co.uk



NEWS



NATO Summit success
- see page 3



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Cardiff joins UK Core Cities Group

CARDIFF is the newest member of the Core Cities Group.

The Welsh capital has become the 10th city in the UK to join the group that promotes the role of cities in driving economic growth.

Recent reports indicate that if the economy is to continue to grow, and if jobs are to be created across the country, not just in London and the South East, it will rely on successful cities.

City Council Leader, Phil Bale, said: "Cities are the engines of economic

growth. The figures speak for themselves with cities across the world accounting for 80 per cent of the global Gross Domestic Product (GDP).

"Over the next 10 years, Cardiff is projected to be the UK's fastest growing city – faster even than London. It is also one of the UK's most highly skilled cities. Similarly, over the last 10 years, Cardiff has seen the highest growth in private sector employment of all the major cities except London, and has been the main source of new jobs in South Wales.

"In a region where far too many people are still suffering from the decline of heavy industries, Cardiff represents an important opportunity to draw investment in from outside Wales, to the benefit of Wales.

"But to do so will require greater investment. In England, city growth deals worth billions of pounds have been struck between metropolitan business, political leaders and the UK Treasury.

"But this is not just about national government giving

councils more money to invest in the factors that drive growth and prosperity for the city region - though of course that would be welcome.

"It's far more radical than that. It's about the centre letting go of decision making and passing power to the leaders of major urban areas to decide what is right for their areas, and with it, for them to carry the responsibility for those decisions.

"We, in Wales, can't afford to be left behind. Our

membership of the Core Cities network will make sure that Cardiff's voice is heard in these debates, and that the capital city is supported in the important role that it plays in creating jobs, not just for the people of Cardiff, but for people across the whole of South Wales.

"Membership will also help the council to better benchmark its performance against other major UK cities. This is an important agenda, which Cardiff will now be better positioned to participate in."



Listings - See page 11



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Don't Forget

When you've read the Capital Times, make sure you recycle it.

A day in a life

The latest in a regular series looking at jobs carried out by employees of the City Council and its partners. This month, Community Education Officer in St Mellons Community Education Centre, **Clare Barnett**, talks to the Capital Times.



I'M very fortunate that no two days are ever the same in my job. As a Community Education Officer, I am responsible for managing St Mellons Community Education Centre, which is open five days and five evenings a week.

We have a massive programme of activities that ranges from educating some of Year 10 and 11 pupils that are educated off site from St Illtyd's Roman Catholic High School, working with young mums in Parents First, our young adults looking for further training and employment through our job club that's open

daily, 10am - 3.30pm, to co-ordinating our youth forum 'Real East' and overseeing the entire youth club programme.

"The most satisfying aspect of being a Community Education Officer is working with young people on a daily basis to build their self esteem and confidence and seeing the difference our team has made to their lives.

I've always been a youth worker in some shape or form. I joined the City of Cardiff Council in 2005 and ran Radyr Youth Club for nine years before moving to St Mellons in January this year.

One of the most unusual things I've found myself working on was a female boxing match. In September we hosted Boxing Pretty, an event which saw 12 young women, who only had 12 weeks of training, take each other on in the boxing ring to raise £6,000 for Cancer Research. The centre was packed with people and it was a fabulous evening.

At the moment, the main things I'm working on are Step 4 Provision, which educates children with behaviour issues off-site, Real East Youth Forum, Film Club, the redevelopment of our

games room into a chill out lounge (any donations of paint, sofas etc. would be very welcome) and re-launching the Trowbridge Senior Youth Club.

Cardiff Youth Service is vital for young people in Cardiff offering them a safe place to come along and be listened to, keeping them out of trouble by engaging them in positive activities. Youth workers in our city are working very hard everyday to improve the lives of young people.

To find out more, visit www.cardiff.gov.uk/youth



News in brief

Enrol now for Adult Community Learning courses

Enrolment is now open for day and evening classes for learners aged 16 and over across Cardiff.

Visit www.cardiff.gov.uk/learn to view the course brochure which is packed with exciting courses from crafts to computers and much more. Free courses (subject to eligibility) are also available to help develop work place skills.

Follow Cardiff Adult and Community Learning on Twitter @LearningCardiff

Lord Mayor recognises scouts' achievements

The annual Lord Mayor's Own presentation took place at County Hall in September to recognise the achievement of young people throughout Cardiff and the Vale of Glamorgan who have gained Scouting's highest awards within their age group and section.

The Lord Mayor, Councillor Margaret Jones, hosted the event where 55 Chief Scout's Gold, 11 Chief Scout's Platinum, seven Chief Scout's Diamond, 10 Gold Duke of Edinburgh and 11 Queen's Scout Awards were presented.

Several of the award recipients were also invested into the Lord Mayor's Own Troop which operates from the Mansion House.

Lloyds Banking Group staff making a difference

Cardiff-based staff at Lloyds Banking Group recently volunteered their time to help give Cardiff Riding School a mini-makeover.

Each year, Lloyds colleagues are given one day to offer their services to the community, develop skills and share their existing skills by reaching out to local organisations and charities.

Armed with many tins of paint, rollers and brushes funded by Lloyds Banking Group, the volunteers spent a full day sprucing up the school and giving the arena a fresh new look.

NATO Summit: Cardiff on the world stage

WITH the eyes of the world on the Welsh capital and South East Wales at the start of September, the City Council and Cardiff Business Council seized the opportunity to promote Cardiff as the closest capital city to London and a prime investment destination.

As Heads of State from over 60 countries, including US President Barack Obama, German Chancellor Angela Merkel and UK Prime Minister David Cameron descended for the historic two-day NATO Summit at the Celtic Manor Resort and with the world's media focus on the region, the event presented a once in a lifetime chance to showcase what Cardiff has to offer.

City Council Leader, Councillor Phil Bale, said: "This event put Cardiff firmly on the world stage and was an invaluable opportunity to showcase the city to the rest of the world. A marketing campaign was launched during and after the summit to give a clear message to financial and professional organisations that we are very much open for business.

"Cardiff is a young vibrant European Capital which has so much to offer those who chose to live work or invest here. The city has been transformed in recent years and the current administration is doing all that we can to increase growth, investment and jobs in the Welsh Capital."

Nigel Roberts, Chairman of Cardiff Business Council, said: "We are working with our partners to make the most of the opportunities involved with this conference, which is without doubt the biggest event of its kind to be hosted in the UK in the last 30 years.

"Studies on the impact of

the previous NATO Summit in Chicago showed a £77m boost to the economy, through increasing visitor numbers and increase in trade and the production of temporary jobs. The Cardiff Business Council is keen to maximise every opportunity that we can."

Ahead of the start of the summit, the Lord Mayor of Cardiff, Councillor Margaret Jones, hosted a reception for members of the crews of the warships visiting the city.

Images of Cardiff were beamed across the globe when world leaders attended a working dinner at Cardiff Castle. Visitors and workers

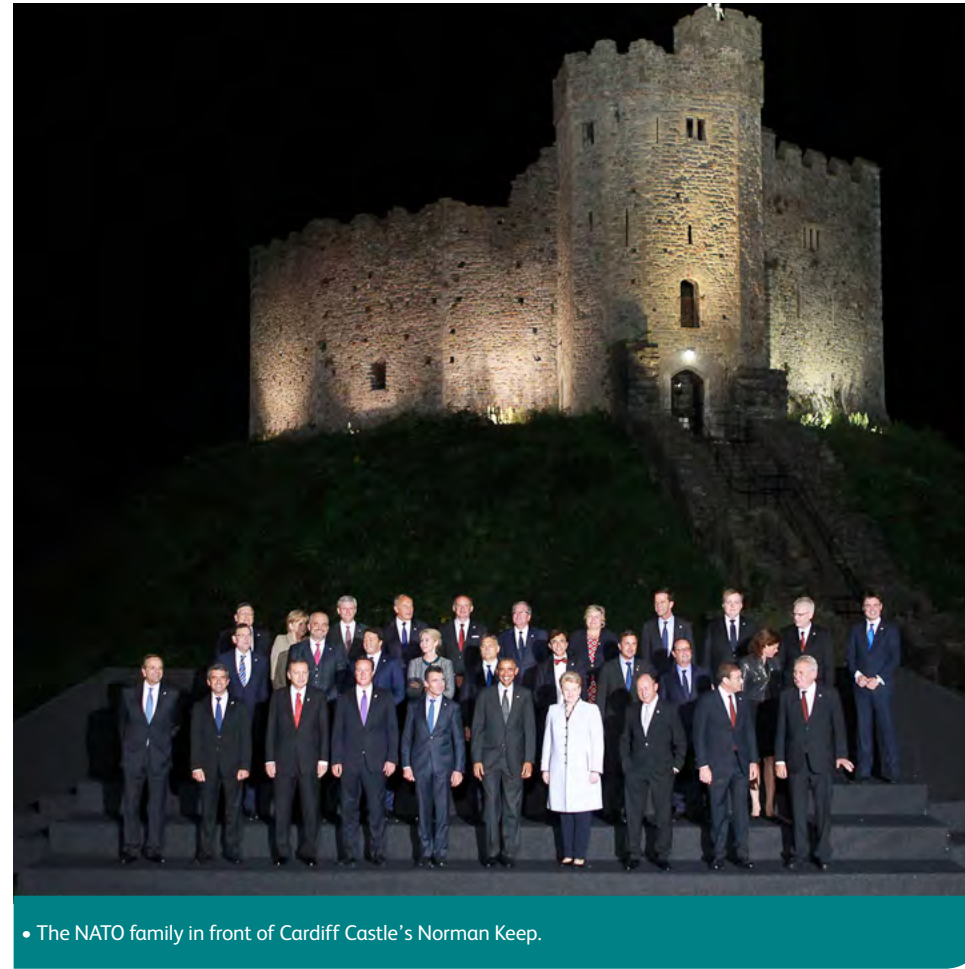
in the Bay were treated to a NATO flypast on the second morning of the summit when the RAF's Red Arrows were joined by planes from the USA, Canada, Denmark, France, Germany, Poland, Portugal and the Netherlands.

Following the conclusion of the summit, a 'Meet the Armed Forces' day was held in Cardiff Bay when people had the chance to hear about what the Armed Forces do, and see some of the equipment used in its duties. Around 80,000 people explored the ships including the Type-45 Destroyer HMS Duncan, one of the Navy's most advanced ships,

examined tanks and RAF replica planes.

Councillor Bale added: "My thanks go to residents, visitors and businesses in the city for their patience with the security measures that needed to be put in place during the summit and for the fantastic turnout at the Meet the Forces event in the bay. It was a great way to round off a very successful week when the eyes of the world were on Wales and our capital city."

Commenting on his stay in Wales, Barack Obama said: "Thank you very much to the people of Wales. I've had a wonderful time."



• The NATO family in front of Cardiff Castle's Norman Keep.



• Leader of the City of Cardiff Council, Phil Bale on his recent visit to China

Visit to Xiamen

OVER the summer, I took a private visit to China and in particular to the city of Xiamen. In 1983, Cardiff became the first city in the UK to twin, or 'sister' as they call it, with a city in China and over 30 years later the relationship has remained strong.

During my visit, I was delighted to be able to meet the Mayor of Xiamen, Mr. Lui Keqing, which was even broadcast on Chinese television. As a result, we have agreed to explore new ways in which we could develop the long standing friendship between our two cities further.

My visit was also an opportunity to learn more about how the city has responded to the rapid increase in its population, with over five million in the wider city region, as well as several major new infrastructure projects. These include a second new airport to be completed by 2020, a new metro system and continued expansion of a popular Bus Rapid Transit (BRT) network.

The scale of the transport network was very different to our own city, with 2.5 million passengers carried a day by the Xiamen Public Transport body compared to around 100,000 a day on Cardiff Bus. Yet many of the challenges faced by both cities were similar.

Xiamen is a pioneer in 'Free Trade' as one of the four special Economic Zones set up in China in the early 1980s to promote trade and investment in the country. It is also a major

tourist destination, one of the top five in China.

Traditionally, twinning relationships between major cities have focused on cultural or school exchanges. Indeed, Cardiff University has had a long-standing partnership with Xiamen University and I know several local schools, including Lansdowne Primary and Ysgol Pencae have sent pupils to Xiamen as part of Cardiff University's China-Wales Schools Project.

However, these links are also increasingly important as platforms for more mutual trade, investment and research opportunities. Large and growing markets for Welsh goods and services, like China, therefore offer real economic benefits to the wider Cardiff City Region and can support jobs. That's why Welsh Government have for some time targeted China and also why the Cardiff Business Council (www.cardiffbusinesscouncil.com) has recently opened a new office in the capital, Beijing in partnership with Cardiff Metropolitan University.

It's also why my visit could not have come at a more opportune moment. I'll keep you posted on any developments.

Phil Bale

Councillor Phil Bale
Leader of the City of Cardiff Council

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Major investment in STAR Hub

A £6m investment in new community and leisure facilities serving the STAR (Splott, Tremorfa, Adamsdown and Roath) area of the city has been given the go ahead.

Revised plans for a new hub at Splott Park that will include a 25m swimming pool, a gym and fitness suite, a new library, multi-use community/leisure rooms, advice and training rooms and a community café have been approved by the Cabinet.

Over the summer, the Council reaffirmed its commitment to the delivery of the new facility in the area following a further appraisal of options for the project in the light of the challenging financial position. The review was carried out to ensure that the most cost effective solution is taken forward, while responding to local priorities identified through public consultations on

the scheme.

Community consultation carried out on the scheme identified the provision of a swimming pool, gym and fitness facilities, a library and training facilities as high priorities for people in the area.

Cabinet Member for Community Development, Co-operatives and Social Enterprise, Councillor Peter Bradbury, said: "The development of the STAR hub represents a major investment in leisure and community facilities in this part of the city and by reviewing the scheme, we have ensured that the City Council is achieving best value with the resources we have available at a time when we have to find budget savings of up to £45.4m next year.

"This project is part of our successful Community Hubs programme, which aims to bring services together, share resources and reduce costs,

while investing in better quality facilities in a way which better matches the needs and priorities of individual neighbourhoods."

The STAR Hub will be a modern and high quality building, designed to high standards of energy efficiency and accessibility in a central and prominent position in Splott Park.

The existing Splott Pool is currently being demolished and the site will be cleared in preparation for the new development. Construction is expected to start in May 2015, subject to planning and other approvals, and be completed within just over 12 months.

It is anticipated that the existing STAR Centre will remain open until the new hub opens in 2016. The STAR Centre site will subsequently be redeveloped for new housing.



• Artist's impressions of how the new STAR Hub could look

Ely and Caerau Hub community fun day celebrations

MEMBERS of the community and customers packed into the new Ely and Caerau Hub last month for a special fun day to celebrate the new facility.

The Community Open Day was a great success with plenty of entertainment for all ages with music, face painting, bouncy castle, arts and crafts activities, cake stall, book stall, animal activity area and community garden workshop.

The new hub brings together a range of Council and partner services under one roof making it easier and more convenient for customers to engage with the Council.

Based on Cowbridge Road West, the hub includes a full library service, housing and benefits advice and a wide range of other Council services such as waste management and street lighting as well as an Into Work service including Job Clubs, CV workshops and work related training. Citizens Advice Bureau, Credit Union and ACE Communities First group are based at the Hub

while there is also a café operated by charity Hafal and access to free internet and telephone services.

Cabinet Member for Community Development, Co-operatives and Social Enterprise, Councillor Peter Bradbury launched the new hub by cutting the ribbon to open the new community

room, the Heart of the Hub, which includes a community wall decorated with pictures by children from local schools – Millbank Primary, Trelai Primary, Hywel Dda Primary and Herbert Thompson Primary.

Councillor Bradbury said: "The Community Open Day was a great success and it

was fantastic to see so many people there celebrating this wonderful asset for Ely and Caerau.

"Hubs are all about making it easier for our customers to access Council services so I urge anyone in the area who hasn't already used this new facility to pop along."



• The Council's Leader and local members met Cardiff Blues players at the Ely and Caerau Hub launch.

Re-imagining the capital as visual arts festival returns

CARDIFF Contemporary, the biennial festival celebrating and promoting the visual arts, returns this autumn, offering a rich and diverse programme of exhibitions, events and activity in every corner of the city.

The City of Cardiff Council initiative has been developed in partnership with the city's visual art, design and architecture communities and this year's event – from October 3 to November 9 with a theme of Reveal/Conceal - will be the third and most extensive festival, with 23 specially commissioned artist projects and three residencies alongside gallery exhibitions and four festivals.

From the South Wales Echo to Central Station, Cardiff Contemporary makes use of the entire city as a space to experience art. Artists have re-imagined the city through art and unveiled places in ways that are innovative, vibrant, beguiling and challenging.

Cardiff Contemporary aims to create as many encounters as possible between visitors and

festival content across the city to make a long-term impact on cultural perceptions of Cardiff by engaging people in places where they visit, work and live. The overall vision is to encourage public engagement with the visual arts, and to establish Cardiff as an innovative, progressive world city for contemporary arts and design.

Cabinet Member for Community Development, Co-operatives and Social Enterprise, Councillor Peter Bradbury, said: "The City Council remains committed to supporting the arts in recognition of their importance in promoting economic growth. Cardiff Contemporary is integral to the city's corporate plan for visual arts and its vision for the economic profile and regeneration of the city.

"We hope to see Cardiff Contemporary developing into a major, well-respected biennial event creating a lasting legacy. It is distinctively Welsh, but also outward-looking, reflecting a modern, aspirational Wales."

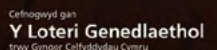
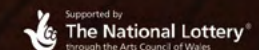
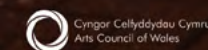
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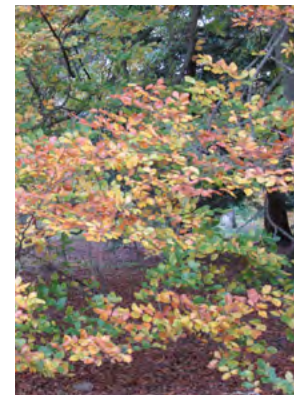
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Biodiversity Corner

Biodiversity includes living things, and is an essential part of the natural environment which supports and enriches our lives. Each month Ecologist **Matthew Harris** talks about the natural environment in Cardiff.

AUTUMN sees many of our trees lose their leaves giving us spectacular displays of vibrant autumn colour. With the shortening days, there is no longer enough sunlight to produce food, so the leaves are shed, and new



ones produced in spring. The green colour in leaves comes from a pigment called chlorophyll, but where do the reds, purples, yellows and browns of autumn leaves come from?

Some yellow and orange pigments are in the leaves all along, they are just masked by chlorophyll, only to be revealed when the chlorophyll breaks down.

By contrast, red and purple colours are produced in autumn, partly from sugars present in the leaves. Like litmus paper, if the sap is acidic, red colours are produced, but if the sap is more alkaline, bluish-purple colours are seen.

Brown hues show the



presence of Tannins, which are waste products stored in the leaves, and which are only seen when other pigments break down.

Shed leaves are not wasted of course – they are recycled by fungi and worms to fertilise the soil ready for next year.

Check out autumn leaves at Bute Park Arboretum <http://bute-park.com/> or at the Wenallt.

More about wildlife next month.

Voice of Wales

Restoring old place-names

STANDARDISING the use of Welsh place-names in the Council's official Welsh correspondence and restoring old place-names that are in danger of being forgotten is an important part of the work of Bilingual Cardiff. These place-names are an important part of our heritage.

Although the Industrial Revolution enriched Cardiff materially and culturally, new English names were given to many places in the Cardiff area, and many historical Welsh place-names were lost.

Although more recent efforts have been made, with the best of intentions, to create new Welsh place-names, often by translating the English names, this has sometimes been done without realising that many of the places already have long forgotten Welsh names, so we must try to restore these old names to ensure their survival.

Thornhill - Draenen Pen-y-Graig

Professor Ceinwen Thomas explains this name in the December 1974 issue of *Y Dinesydd* (www.dinesydd.com/gorffennol.php?dewis=5) : 'It is said that a miraculous Thorn

tree once grew atop Craig Llanisien, near Castell Morgraig, and it gave its name to the entire road. It was miraculous because it only flowered at night... It is likely that it flowered on Christmas Eve or on the eve of some other Christian festival.'

The Council proposes using **Draenen Pen-y-Graig** as the official Welsh name for Thornhill in its correspondence, although the shortened colloquial form **Y Ddraenen** is perfectly acceptable in informal contexts.

Blackweir - Y Gored Ddu

Thanks to Dylan Foster Evans for bringing this name to our attention in his blog. diferion.wordpress.com/2014/04/25/nadolig-1769-a-greatcock-fighter-ar-enw-cymraeg-ar-blackweir-caerdydd/

North Road - Sarn Fid Foel

Heol y Gogledd is currently used as the Welsh name for North Road, although this is merely a literal translation of the English name. According to Professor Thomas, the Welsh name **Sarn Fid Foel** was used for this road until the middle of the 18th century. The **Sarn** element refers to the Roman Road from the fort in Cardiff over the mountain to Caerphilly.

and to the forts in Gelligaer and Brecon beyond.

'*Sarn means a paved road, as Roman roads were paved, and the word is a common element in the Welsh names for such roads. The word 'bid' means 'hedge' or 'bush'.*

The same **Fid** element occurs in the street name **Fidlas Road**.

The Council would like to know whether Capital Times readers approve of our proposal to use **Sarn Fid Foel** as the official Welsh name for North Road. We will also consult with the Welsh Government and the Welsh Language Commissioner's Office on this matter.

We also invite you to propose other authentic Welsh place-names that you may know of so that we can consider restoring them. Please note that we will only consider and approve place-names that have a firm historical basis and that have been approved by scholars. We also acknowledge that some places will only have English names or names deriving from other languages, and these place-names are also an important part of our heritage as a cosmopolitan multi-lingual capital city.

Please send your comments to: BilingualCardiff@cardiff.co.uk



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City Council is a top Tweeter!

THE City of Cardiff Council is among the top 10 best authorities in the UK for engaging with residents via social media.

According to data from newspaper publishers Trinity Mirror, the City Council is among a number of UK cities 'getting it right' on Twitter with one in 13 residents in the city following our account.

The Council has been using Twitter to communicate with residents and customers since June 2009 and now has over 30,000 followers on @CardiffCouncil and @cyngorcaerdydd, the Welsh account.

Keeping residents up to date with the latest news and events across Cardiff, as well as responding to customer queries on a wide range of issues related to Council services, the Council's Twitter activity places Cardiff with cities such as Newcastle, Nottingham and Oxford in the top 10 while the City of London takes the top spot.

Leader of the City of Cardiff

Council, Councillor Phil Bale, said: "These days, with the growth of social media, people expect to be able to contact their local authority via channels such as Twitter rather than writing letters or waiting on the phone so I'm really pleased to see that this Council is performing very well.

"Twitter is a fantastic medium for complementing and enhancing traditional methods of communication and has really opened up a new way for us to engage quickly with residents, customers and partner organisations, in both English and Welsh, promoting the Council's work, increasing awareness of events and services and highlighting opportunities for residents to complete transactions online."

By monitoring Twitter, the Council is able to identify some of the key issues affecting residents and respond by directing them to the service they need either on the Council's own website or to partner organisations.

The channel has also been

an invaluable way of reaching residents or people working in the city in 'real time' with information about road closures or service disruption, for example, during major events such as the recent NATO Summit, the Olympic

Games in 2012 and during severe weather events such as the heavy snow in recent years.

In addition to Twitter, our contact centre, Connect 2 Cardiff (C2C), offers help and advice on council services. Call us on 029 2087 2087 or

029 2087 2088 (Cymraeg), Monday to Friday from 8.30am to 5pm. The contact centre is closed during UK public holidays.

Follow Cardiff Council @cardiffcouncil or @cyngorcaerdydd



Top Tweets

• Children's Services are recruiting for Social Workers! Make a big DIFFERENCE, call 029 2087 3622 #cardiffcares pic.twitter.com/YANrtboBOY

• For details of road closures and alternative routes in Cardiff this week, visit <http://ow.ly/AW5jG> #NATOWales

• Free adult cycle training sessions for all abilities in Cardiff now. For details and to book see <http://ow.ly/zXU2n>



GARDEN WASTE WINTER COLLECTION DATES

This year your Winter Garden Waste will be collected every 4 weeks between the months of October and March.

| MONDAY | GARDEN WASTE | | | | | | | THURSDAY | GARDEN WASTE | | | | | | |
|--------------------------------|--------------|----------|----------|----------|----------|----------|----------|---|--------------|----------|-----------|-----------|----------|----------|-----------|
| Caerau | 20/10/14 | 17/11/14 | 15/12/14 | 12/01/15 | 09/02/15 | 09/03/15 | 23/03/15 | Adamsdown, Splott | 23/10/14 | 20/11/14 | 18/12/14 | 15/01/15 | 12/02/15 | 12/03/15 | 26/03/15 |
| Ely | 20/10/14 | 03/11/14 | 01/12/14 | 29/12/14 | 26/01/15 | 23/02/15 | 23/03/15 | Rumney | 23/10/14 | 06/11/14 | 04/12/14 | 01/01/15* | 29/01/15 | 26/02/15 | 26/03/15 |
| Creigiau, Fairwater, St Fagans | 27/10/14 | 10/11/14 | 08/12/14 | 05/01/15 | 02/02/15 | 02/03/15 | 30/03/15 | Llanrumney, Pontprennau | 30/10/14 | 27/11/14 | 25/12/14* | 22/01/15 | 19/02/15 | 19/03/15 | 02/04/15 |
| Radyr, Pentyrch, Morganstown | 27/10/14 | 24/11/14 | 22/12/14 | 19/01/15 | 16/02/15 | 16/03/15 | 30/03/15 | Trowbridge, Old St Mellons | 30/10/14 | 13/11/14 | 11/12/14 | 08/01/15 | 05/02/15 | 05/03/15 | 02/04/15 |
| TUESDAY | GARDEN WASTE | | | | | | | FRIDAY | GARDEN WASTE | | | | | | |
| Canton | 28/10/14 | 11/11/14 | 09/12/14 | 06/01/15 | 03/02/15 | 03/03/15 | 31/03/15 | Heath | 24/10/14 | 07/11/14 | 05/12/14 | 02/01/15* | 30/01/15 | 27/02/15 | 27/03/15 |
| Butetown, Grange Town | 21/10/14 | 18/11/14 | 16/12/14 | 13/01/15 | 10/02/15 | 10/03/15 | 24/03/15 | Whitchurch & Tongwynlais | 24/10/14 | 21/11/14 | 19/12/14 | 16/01/15 | 13/02/15 | 13/03/15 | 27/03/15 |
| Riverside, Pontcanna | 21/10/14 | 04/11/14 | 02/12/14 | 30/12/14 | 27/01/15 | 24/02/15 | 24/03/15 | Llanishen | 31/10/14 | 28/11/14 | 26/12/14* | 23/01/15 | 20/02/15 | 20/03/15 | 03/04/15* |
| Llandaff North, Llandaff | 28/10/14 | 25/11/14 | 23/12/14 | 20/01/15 | 17/02/15 | 17/03/15 | 31/03/15 | Rhiwbina, Lisvane | 31/10/14 | 14/11/14 | 12/12/14 | 09/01/15 | 06/02/15 | 06/03/15 | 03/04/15* |
| WEDNESDAY | GARDEN WASTE | | | | | | | * Bank holidays - your collection date will change. Please check website/contact C2C | | | | | | | |
| Cyncoed | 29/10/14 | 12/11/14 | 10/12/14 | 07/01/15 | 04/02/15 | 04/03/15 | 01/04/15 |  <p>Don't forget green recycling bags and food caddies are collected every week as normal.</p> | | | | | | | |
| Pentwyn | 29/10/14 | 26/11/14 | 24/12/14 | 21/01/15 | 18/02/15 | 18/03/15 | 01/04/15 | | | | | | | | |
| Penylan, Plasnewydd | 22/10/14 | 05/11/14 | 03/12/14 | 31/12/14 | 28/01/15 | 25/02/15 | 25/03/15 | | | | | | | | |
| Gabalfa, Cathays | 22/10/14 | 19/11/14 | 17/12/14 | 14/01/15 | 11/02/15 | 11/03/15 | 25/03/15 | | | | | | | | |

For more information please contact C2C on 029 2087 2087 or visit www.cardiff.gov.uk/wastecollections



☎ 029 2035 1380
✉ cardiffFlyingstart@cardiff.gov.uk

Capital **Transport**...



Central bus station survey

THERE is still time to have your say on the future of Cardiff's new bus interchange.

Members of the public have until October 3 to give their views and complete the survey by visiting www.surveys.cardiff.gov.uk/busstation2014/ or www.surveys.cardiff.gov.uk/busstation2014/cym

Paper copies of the survey and 'drop boxes' are in hubs, libraries, leisure centres and community centres, so those who do not have access to the internet can contribute to the debate.

City Council Leader, Phil Bale, said: "This is a major project which is being brought forward by the current administration and is a vital part of the city's infrastructure to boost the economy and increase jobs as well as promote the use of public transport."

"We encourage everyone to take two minutes out of your time to fill in the survey which will be online until October 3. The results will then be evaluated and considered by Cabinet as the re-development scheme for Central Square continues to progress."

More ways to top up your iff card



CARDIFF Bus has announced a new partnership with PayPoint to launch its new generation of electronic bus ticketing, making it easier for customers to top up their travel cards.

With over 180 PayPoint retailers such as convenience stores and newsagents in Cardiff and the surrounding areas, the new service makes it much

easier for all iff customers to top up their cards.

The iff contactless smartcard allows customers to travel on Cardiff Bus using prepaid cards, which previously could only be loaded on the bus or at the customer information outlets.

Now, having obtained a smartcard from Cardiff Bus, customers have a range of ticket

and value options each time they top up at PayPoint. Prices are the same as topping up at any other Cardiff Bus sales outlet with no additional charges.

Cabinet Member for Transport, Planning and Sustainability, Councillor Ramesh Patel, said: "This is great news for people who travel around the city and the local area on Cardiff Bus as this makes paying for fares so much easier and will no doubt, speed up journeys."

"The Council is keen to promote public transport and encourage people to choose more sustainable modes of travel so I welcome any initiative that makes this way of getting around more attractive and convenient for passengers."

Peter Heath, Operations and

Commercial Director of Cardiff Bus, said: "The emphasis with the iff smartcard product range has always been on customer convenience and great value for money, but they also help to speed up bus boarding times, making overall journey times faster for everyone."

"Most PayPoint facilities are situated in local newsagents and convenience stores near households in both rural and urban areas so now people can easily top up their smartcard when buying daily groceries or the newspaper. Customers should just look out for the PayPoint sign, tell staff in the shop how much they want to load and the card will be instantly topped up."

Capital **Education**...



Cardiff young people's own 'NATO Summit'

YOUNG people from Cardiff schools, colleges and the city's youth council took part in their own summit in September when the University of South Wales' city campus in Newport hosted a 'model' NATO conference.

Mirroring the NATO Summit at the Celtic Manor Resort, the young people met to debate some of the issues faced by world leaders today.

Each school, college and youth council attending sent a five-strong delegation to represent a NATO member country at the parallel summit. The delegates were joined by academics

and senior politicians from the Welsh Government and Westminster, addressed by Deputy Prime Minister Nick Clegg MP, and National Assembly Presiding Officer Dame Rosemary Butler AM.

Cabinet Member for Education and Skills, Councillor Julia Magill, said: "It is fantastic to see our young children being given the opportunity to take part in Model NATO 2014, an excellent chance for them to get to grips with some of the issues of the day and come up with their own ideas. I am always impressed by the high calibre of the young people in our city and I am sure they will do us proud."



• Young delegates at the 'model' NATO conference in Newport

Show Sponsors
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60 stands packed with products and information for you and your family

Expert advice
Free activity sessions
Baby & buggy friendly
Free photo sessions
Soft play & crafts
Free goody bags (first 250 families)

Tickets: Prebook online £3, On the door £4. Kids free!

10am - 4pm
Sunday 19th October
Cardiff City Hall
www.cardiffbabyandtoddlerstshow.co.uk

Cardiff BABY AND TODDLER SHOW

Concerned about rising interest rates? Want to take control of your monthly mortgage payments?

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C-TimesMtg(09/14-1)

PRIMARY SCHOOLS MENU 29 SEPTEMBER- 24 OCTOBER 2014

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| 29 SEPT / 20 OCT | 30 SEPT / 21 OCT | 1 OCT / 22 OCT | 2 OCT / 23 OCT | 3 OCT / 24 OCT |
| Chicken Kiev Vegetable Nuggets V Tomato Ketchup | Pasta Bolognaise Pasta Neapolitan V | Chicken Tikka Vegetable Tikka V Alaskan Salmon Bake | Roast Pork / Pork Sausage Cheese & Potato Pie V Sage & Onion Stuffing Apple Sauce/Gravy | Fish Fingers Scrambled Egg & Cheesy Beans on Toast V |
| New Potatoes Garden Peas | Garlic Bread Green Beans | Rice Creamed Potatoes Garden Peas | Roast/Creamed Potatoes Broccoli/Carrots | Potato Rosti Bites Baked Beans Garden Peas / Coleslaw |
| Rice Pudding with Raisins | Chocolate Brownie | Jelly with Ice Cream | Chocolate Crunch Cookies | Apple & Blackberry Crumble with Custard |
| 6 OCTOBER | 7 OCTOBER | 8 OCTOBER | 9 OCTOBER | 10 OCTOBER |
| Beef Burger Quorn Burger V Tomato Ketchup | Chicken & Pepperoni Pasta Bake Pasta Neapolitan V | Chicken Korma Vegetable Korma V Crispy Golden Fish Tomato Ketchup | Roast Beef Cheese & Vegetable Pastry V Yorkshire Pudding Gravy | Salmon Chunks Country Vegetable Bake V |
| Chipped Potatoes Garden Peas Coleslaw | Garlic Bread Sweetcorn | Rice / New Potatoes Garden Peas | Roast/New Potatoes Broccoli/Carrots | Creamed Potato Garden Peas Baked Beans |
| Rice Pudding with Raisins | Chocolate Muffin | Peach slices with Ice Cream | Muesli Cookie | Eve's Pudding with Custard |
| 13 OCTOBER | 14 OCTOBER | 15 OCTOBER | 16 OCTOBER | 17 OCTOBER |
| Ham & Pineapple Pizza Tuna & Sweetcorn Pizza Cheese & Tomato Pizza V | Meatballs in Tomato Sauce/Gravy Vegetables in Tomato Sauce/Gravy V | Chilli Con Carne Vegetable Chilli V Fish Finger Wrap Tomato Ketchup | Roast Turkey Pork Sausage Quorn Sausage V Sage & Onion Stuffing Gravy | Crispy Golden Fish Cheese, Egg & Potato Bake V Tomato Ketchup |
| Herby Diced Potatoes Baked Beans Sweetcorn | Pasta Creamed Potato Garden Peas | Rice / New Potatoes Mixed Vegetables / Coleslaw | Roast/New Potatoes Cabbage / Carrots | Creamed Potato Garden Peas |
| Flapjack | Coconut Slice/Sponge | Raspberry Arctic Roll with Fruit Cocktail | Chocolate Cornflake Crisps | Strawberry Tart with Custard |

AVAILABLE EVERY DAY:
Jacket Potatoes and Sandwiches
Fresh Fruit, Yogurt and Cheese and Crackers

V - indicates a vegetarian option
Your school may have requested a smaller menu selection.
Your school may have different term dates

CERTIFIED SUSTAINABLE SEAFOOD
MSC www.msc.org
Sealood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well managed and sustainable fishery

We are supporting
World Food Week
13th - 17th October



CREATING A BRIGHTER FUTURE FOR CHILDREN EVERYWHERE

See in-school poster for details
www.ufs.com/schoolfood



www.cardiff.gov.uk/schoolcatering

Capital **Sport**...



Another event brought to you by City of Cardiff Council www.cardiff.gov.uk or call **C2C** on **2087 2087**

Cardiff Games returns for the new season



THE Cardiff Games are returning for a new season and it's never been easier for young people in the city to get involved with school sport.

After a successful first year which gave around 15,000 young people in the 2014 European Capital of Sport the opportunity to participate, the innovative multi-sport competition which aims to inspire, motivate and encourage young sports people is set to begin again.

Almost 100 primary schools and twenty secondary schools took part last year bringing a new energy to school sports and significantly impacting on participation rates and enthusiasm.

Cabinet Member for Community Development, Co-operatives and Social Enterprise, Councillor Peter Bradbury, said: "The first year of the Games gave a lot of pupils the chance to

try out a range of sports from Wheelchair Basketball to Baseball and Boccia to Badminton. There are so many opportunities out there to take part in sport and the Games help to provide a full and varied pathway for children to follow, even those who wouldn't normally consider themselves to be particularly sporty.

"Cardiff High won the first secondary school title and Whitchurch Primary came top in the primary competition but September sees the start of a new championship so there's everything to play for again."

The Games are delivered by Sport Cardiff Met, in partnership with Cardiff University and national governing bodies, Cardiff City FC, Cardiff Blues, Cardiff Devils, Glamorgan Cricket Club, schools, school sports associations and local sports clubs.

Cardiff City FC – Cardiff City Stadium

Sky Bet Championship

Saturday, October 18 (12.15pm)
Cardiff v Nottingham Forest

Tuesday, October 21 (7.45pm)
Cardiff v Ipswich

European Championship Qualifier

Wales v Bosnia-Herzegovina

Friday, October 10 (7.45pm)
Cardiff City Stadium

Cardiff Blues - Cardiff Arms Park

European Rugby Challenge Cup

Saturday, October 18, Cardiff Blues v Grenoble (2.30pm)

LV=Cup
October 31/ November 1/2 TBC
Cardiff Blues v Scarlets

Cardiff Devils – Cardiff Bay Ice Arena

Saturday, October 11 (7pm)
Cardiff Devils v Hull Stingrays (Challenge Cup)

Sunday, October 19 (6pm)
Cardiff Devils v Sheffield Steelers (Elite League)

Saturday, October 25 (7pm)
Cardiff Devils v Coventry Blaze (Elite League)

For other sporting fixtures taking place across the city this month please visit www.sport-cardiff.com
Please note fixtures can be subject to change

Who gets your vote in The Cardiff ECOS Awards?

THE people of Cardiff can decide who will get their hands on a prestigious Cardiff ECOS Award at a special award ceremony at the Millennium Stadium on October 16.

The Cardiff ECOS Awards, in partnership with Nation Radio, celebrate all that is good about sport in the Welsh capital in its

important year as European Capital of Sport. From the schoolchildren who have taken part in the Cardiff Games to those at the top of the professional sporting tree, the awards span every level of sport.

Cabinet Member for Community Development, Co-operatives and Social Enterprise, Councillor Peter

Bradbury, said: "Cardiff's year as European Capital of Sport is the perfect time to recognise the outstanding achievements of the coaches, volunteers and competitors who contribute so much to the sporting life of the city.

"The nominees in each category have all been put forward by members of the

public, shortlisted by a panel of judges and now it's back to the public to make the final tough decision."

The categories include: Junior Team of the Year, Senior Team of the Year, Junior Sports Personality, Sports Personality, Community Coach of the Year, Disability Sport Coach of the Year, Volunteer of

the Year, Cardiff Sports Student or Team of the Year, Sportsman of the Year, Sportswoman of the Year, Performance of the Season and Welsh Team of the Year.

To find out more about the shortlisted nominees and to cast your vote, go to www.cardiffcapitalofsport.co.uk
Voting closes on October 5.



cardiffcapitalofsport.co.uk

www.facebook.com/ecos2014

[@Cardiff_ECOS](https://twitter.com/Cardiff_ECOS)



Another event brought to you by City of Cardiff Council www.cardiff.gov.uk or call **C2C** on **2087 2087**

New Theatre

Tel: 2087 8889
www.newtheatrecardiff.co.uk

See website for performance times and further details.

Agatha Christie's The Mousetrap
Tuesday, 30 September – Saturday, 4 October

Rock of Ages
Monday, October 6 – Saturday, October 11

Calamity Jane
Tuesday, October 14 – Saturday, October 18

To Kill A Mockingbird
Tuesday, October 21 – Saturday, October 25

Cirque du Hilarious: Daredevils & Clowns 2014
Monday, October 27, 2.30pm

Tour of the Universe
Wednesday, October 29, 7.30pm

Andy Fairweather Low and the Low Riders
Thursday, October 30, 7.45pm

St David's Hall

Tel: 2087 8444
www.stdavidshallcardiff.co.uk

See website for performance times and further details.

Lee Mack - Comedy
Monday, September 29 – Wednesday, October 1, 8pm

Four Last Songs with Søndergård-BBC NOW
Friday, October 3, 7.30pm

Debbie Chapman Dancers present DANCATION X1
Saturday, October 4, 7.30pm

Alison Balsom
Sunday, October 5, 7.30pm

Jeremy Huw Williams and Nigel Foster
Tuesday, October 7, 1pm

John Illsley & His Band
Tuesday, October 7, 7.30pm

Russian State Philharmonic Orchestra
Wednesday, October 8, 7.30pm

Elaine Paige
Thursday, October 9, 7.30pm

Viva La Drag!
Friday, October 10, 8pm

Educating Ronnie A2: Arts Active

Friday, October 10, 7pm

Peter Andre
Saturday, October 11, 7.30pm

Lunasa
Tuesday, October 14, 8pm

Zsolt-Tihamér Visontay and Min-Jung Kym
Tuesday, October 14, 1pm

Crazy for Gershwin
Wednesday, October 15, 7.30pm

Contemporary Concert
Saturday, October 18, 1pm

Dance Angels
Sunday, October 19, 3pm

Mei Yi Foo
Tuesday, October 21, 1pm

John Mayall
Wednesday, October 22, 7.30pm

An Evening of Burlesque
Thursday, October 23, 8pm

Cardiff Philharmonic Orchestra- Organ Symphony
Friday, October 24, 7.30pm

Dave Gorman-Comedy
Saturday, October 25, 8pm

Halloween Spooktacular
Sunday, October 26, 3pm

Capital City Jazz Orchestra
Tuesday, October 28, 8pm

Sing-A-Long-A Frozen
Tuesday, October 28, 11am & 3pm

Sixties Gold
Wednesday, October 29, 7.30pm

Steve Hackett - Genesis Extended
Thursday, October 30, 7.30pm

Welsh National Opera Orchestra
Friday, October 31, 7.30pm

Cardiff Castle

Tel: 2087 8100
www.cardiffcastle.com

Behind the Scenes at Cardiff Castle - Tour
Monday, September 29, 6pm
Tickets: £12.50

Cardiff's Victorian Parks - Lecture
Thursday, October 16, 6pm
Tickets: £7.50

Half-term holidays
Monday, October 27 – Friday, October 31
Check the website for full details of our Halloween-themed stories, trails, parades, crafts and much more.

A return of the Creepy Crawlies
Wednesday, October 29: timed slots

Limited availability. Book early to avoid disappointment. All tickets £3 per person in addition to normal admission or a valid Castle Key.

'More Lost Houses of Cardiff' - Lecture
Thursday, October 30, 6pm
Tickets: £7.50

Cardiff Story Museum

Tel: 029 2078 8334
www.cardiffstory.com

Dinky Dragons

A free family fun day for 0-5 year olds. The second Friday of each month, 11am to 4pm

Talks at the Cardiff Story Museum - Victorian seaside style - Tuesday, September 30, 6pm
Early rugby in Cardiff - Tuesday, October 7, 6pm

Roath, Splott & Adamsdown: some aspects of their development - Tuesday, October 21, 6pm
£5 each (£3.50 students).

Cardiff at Play – Exhibition
Mon-Sat, 10am-4pm until November 22. Exploring the history of leisure in the city. Free entry.

Libraries

Tel: 2038 2116
www.cardiff.gov.uk/libraryevents

There are lots of activities happening in libraries across Cardiff from children's activities to live music. For details visit www.cardiff.gov.uk/libraryevents or contact your local branch.

Flat Holm

Tel: 02920 877912
www.flatholmisland.com

Flat Holm offers a sense of wilderness and is the perfect family getaway. With a wealth of history and wildlife, you will be amazed at how much there is to discover. Why not book a day trip to explore the island or stay overnight at this beautiful location just five miles from Cardiff. For further details: www.flatholmisland.com / 029 2087 7912. For individual and group bookings visit www.wmmarine.org / 01934-636734 (trips from Weston and

Cardiff Bay in a MW Marine's Passenger Landing Vessel). For adrenaline fuelled trips contact Bay Island Voyages Fast RIBs (max 12) visit www.bayislandvoyages.co.uk / 02920 782733.

Norwegian Church Art Centre

Tel: 2087 7959
norwegianchurchcardiff.com

The Welsh Norwegian Society monthly meetings
Third Wednesday of each month, 7.30pm. Free.

Boutique Gift Market
October 11, 12 & 26, 10.30am-5pm
Free entry.

Time let me play by Keith James-Concert
Wednesday, October 1, 8pm
Price: £12. Box office: 0333 666 3366 / 029 2087 7959
www.timeletmeplay.ticketsource.co.uk

Roaring Trowmen in concert
Saturday, October 4, 7.30pm
£10. Tel: 029 2087 7959

The Meadows in Concert
Friday, October 10, 7.30pm
£9 / £7. To book, call: 029 2087 7959

JUMP - Concert
Saturday, October 18, 7.30pm
£10. To book, call: 029 2087 7959

Dylan Thomas - Legend & legacy
Sunday, October 26, 8pm
£8 advance / £10 door.

Parks

Tel: 2068 4000
www.cardiff.gov.uk/parks

Photography for adults workshop
Saturday, October 4, 10am-1pm
Spaces limited, to book call: 07976 132824.

Meet at Cefn Onn car park.

A walk in Bute Park
Wednesday, October 8, 2pm-4pm
Meet outside Bute Park Education Centre. Free.

Bats at Tredelech Lake
Wednesday, October 8, 8.30pm

North Cardiff ridgeway walk from Cefn Onn, Taffs Well
Saturday, October 11, 10am-4pm

Meet at Cefn Onn car park. Free.

Friends of Insole Court walk
Wednesday, October 15, 9.30am-3.30pm
Meet at Insole Court. Free.

A year in the life of a rose
Wednesday, October 15, 2pm-3pm
Meet at Roath Park Conservatory. Free.

Monthly nature ramble at Forest Farm
Saturday, October 18, 10am-12pm
Meet at Warden's Centre.

A walk in Roath Park
Wednesday, October 22, 2pm-3.30pm
Meet at Roath Pleasure Gardens bowling pavilion. Free.

Forest Farm wildlife watch
Saturday, October 25, 10am-12pm
For a programme or more detail call 07976 132824.

Cathays Cemetery war graves walk
Sunday, October 26, 2pm-3.30pm
Meet at the main entrance gates on Fairrook Road. Free.

Conservatory house of horror
Wednesday, October 29, 6pm, 7pm & 8pm
Fancy dress preferred. Spaces limited, to book call 07976 132824, £3.50.

City & Bay Events

Email: events@cardiff.gov.uk
Tel: 2087 2087

Cardiff Bay Water Activity Centre
www.cbwac.com / 029 2087 7977 / 029 2035 3912

Cardiff International White Water
www.ciww.com / 029 2082 9970

Cardiff Astronomical Society
Meet Thursday evenings. Contact Dave Powell, Secretary Secretary@cardiff-astronomical-society.co.uk

Cardiff Bonsai Club
Meet monthly on the third Tuesday, 7.30pm at The Scout Hall, Lake Road North, CF23 5QN.
www.cardiffbonsai.org.uk

Cardiff & District Rhondda Society
Meet monthly on the third Wednesday during term time, 10.30am. Room 8, Ararat Church, Whitchurch. For details: 029 20883722

Cardiff Philatelic Society
Stamps, postcards or postal history group. Meet alternate Tuesdays, 7.30pm at Lanishen Baptist Church, Ffildas Road, Lanishen, CF14 5LZ. For more information contact secretary Graham Bean on 029 2065 7941 or emailgbean@dsl.pipex.com

Welsh widows and widowers group
Meet Wednesdays and Saturdays. Tel: 07749 542858, e-mail: friends@welshwidows.co.uk, web: www.welshwidows.co.uk

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Cardiff Allotmenters and Gardeners Night School

A Ten week Organic Gardening Course Starts Thursday 25th September 7-9pm
Wessex Road Community Centre
Health, Cardiff, CF14 4FP

Maximum 25 places, the £50 fee covers the cost of materials
Contact: Dawn Gibbons, Chairman Cardiff Allotment Holders Association,

Tel: 029 20302170 dawn@cardiffallotment.co.uk

Public Notice

Protecting the Tax Payer

THE Auditor General is currently consulting with public bodies regarding the National Fraud Initiative (NFI). NFI is the public sector's leading enterprise against fraud and takes place every two years.

The next exercise

will require the City of Cardiff Council to submit information to the Auditor General on payroll, pension, creditors, housing tenancies, council tax, electoral register, parking and transport permits, insurance claimants, market/street traders, taxi drivers, alcohol suppliers and personal budgets (Social Services).

This authority is under a duty to protect the public funds it administers, and to this end may share

information with other bodies for the prevention and detection of fraud. It may also share this information with other bodies responsible for auditing or administering public funds for these purposes.

The information will be compared with data held by other public bodies to identify fraudulent and erroneous payments from the public purse and to ensure the best use of public


funds.

Since its commencement in 1996, NFI exercises have resulted in the detection and prevention of more than £22 million of fraud and overpayments in Wales and £993 million across the UK.

Further information can be found at www.cardiff.gov.uk/fraud or <http://www.wao.gov.uk/ourwork/1252.asp> or phone 029 2087 2480 and ask for the Data Protection Manager.


YOUR WARD SURGERIES

ADAMSDOWN

 **Manzoor Ahmed**
07850743355
manzoor.ahmed@cardiff.gov.uk

Surgeries:
2nd & 4th Saturday of the month
10.30am - 11.30am at Roath Library, Newport Road.


To request a personal visit please phone or email Councillor Ahmed.

 **Nigel Howells**
02465233
nhowells@cardiff.gov.uk

Surgeries:
1st & 3rd Saturday of every month
11am - 12pm at Roath Library, Newport Road.

To request a personal visit please phone or email Councillor Howells.


BUTETOWN


 **Ali Ahmed**
07968165138
Ali.Ahmed@cardiff.gov.uk

Surgeries:
Every 2nd & 4th Saturday of every month
11am - 12pm at County Hall, Atlantic Wharf (in the office to the left of reception).
Saturday street surgeries - 12.15pm - 1.15pm.

For more details contact Councillor Ahmed.


CAERAU


 **Peter Bradbury**
02591735
Peter.Bradbury@cardiff.gov.uk


 **Elaine Simmons**
02569349
Elaine.Simmons@cardiff.gov.uk

Surgeries:
October 11 (ES), October 25 (ES) 10am to 11.30am at Western Leisure Centre, Caerau Lane. Please contact 07973 179577 (PB) or 2056 9349 (ES) for a visit.

CANTON


 **Susan Elsmore**
0287 2598
susan.elsmore@cardiff.gov.uk

 **Ramesh Patel**
020372035 / 07850874890
rpatel@cardiff.gov.uk


 **Richard Cook**
02567428
riCook@cardiff.gov.uk

Surgeries:
Every Saturday 10am - 11am
Canton Library, Library Street, Canton, CF5 1QD.
No appointment necessary


CATHAYS

 **Elizabeth Clark**
02630311
eclark@cardiff.gov.uk

Surgeries:
First Saturday of every month
11am - 12pm at Cathays Library, Fair oak Road.

 **Christopher Weaver**
2039 7149 / 07909991021
Christopher.Weaver@cardiff.gov.uk

 **Sarah Merry**
07906355971 / 20372301
Sarah.Merry@cardiff.gov.uk

 **Sam Knight**
07539685806 / 2037 2783
Sam.Knight@cardiff.gov.uk

Surgeries:
1st Saturday of the month, 11am - 12pm at Cathays Community Centre, Cathays Terrace.

All other Saturdays 11am - 12pm at Cathays Library, Fair oak Road.


CREIGIAU & ST FAGANS

 **Graham Thomas**
07805850812
Graham.Thomas@cardiff.gov.uk

Surgeries:
To book an appointment or arrange a house call please phone or email Councillor Thomas.

CYNCOED

 **David Rees**
20750310
davrees@cardiff.gov.uk

 **Kate Lloyd**
20753710
klloyd@cardiff.gov.uk


 **Margaret Jones**
20758175
mjones@cardiff.gov.uk

Surgeries:
Tuesday October 14 at 10am at Anafoni's at Lakeside Shopping Centre.
Tuesday, November 11, 10am at Terra Nova Café, Roath Park. No appointment is necessary.

ELY

 **Jim Murphy**
20592411
Jim.Murphy@cardiff.gov.uk


 **Susan Goddard**
20659330
sgoddard@cardiff.gov.uk

 **Russell Goodway**
20872479
r.v.goodway@cardiff.gov.uk

Surgeries:
October 4 and 18, 10am at Ely Day Centre, Grand Avenue, Ely.

FAIRWATER

 **Lisa Ford**
07891518426
lisaford@cardiff.gov.uk

 **Neil McEvoy**
07966375523
nmcevoy@cardiff.gov.uk

Surgeries:
Every Saturday 11am - 12pm at Fairwater Library.

Every 2nd Saturday 10am - 11am Fairwater Leisure Centre.

Every 4th Saturday 2pm - 3.30pm at Fairwater Leisure Centre.

Every Wednesday 12pm to 1pm at Pentreboe Community Centre.

For more details contact Councillor Ford or Councillor McEvoy.


 **Paul Mitchell**
07967 143962
Paul.Mitchell@cardiff.gov.uk

Surgeries:
1st and 3rd Saturday, 11am - 1pm - street surgeries at various locations.


2nd and 4th Saturday 2pm - 3.30pm - fixed surgeries at Fairwater Library

For more details contact Councillor Mitchell.

GABALFA

 **Ed Bridges**
20614925
ebridges@cardiff.gov.uk

Surgeries:
Please check the @TeamGabalfa Twitter feed for further information.


 **Gareth Holden**
07583887312
Gareth.Holden@cardiff.gov.uk

Surgeries:
To request a personal visit please phone or email Councillor Holden.

GRANGETOWN

 **Ashley Govier**
07896 294865
Ashley.Govier@cardiff.gov.uk

 **Chris (John) Lomax**
2037 2853
Chris.Lomax@cardiff.gov.uk


 **Lynda Thorne**
2034 5679
Lynda.Thorne@cardiff.gov.uk

Surgeries:
Every Saturday from 10.30am at Grangetown Library, Havelock Place.

First Wednesday of the month from 6pm at Channel View Flats Community Room.

1st Friday of every month at Clare Road Islamic Centre from 2pm - 3.30pm

HEATH

 **Fenella Bowden**
20692435
fbowden@cardiff.gov.uk

Surgeries:
1st Saturday of the month, 10am - 11am at Birchgrove School and as advertised within the ward

 **Lyn Hudson**
20522654 / 07900 167933
lhudson@cardiff.gov.uk

Surgeries:
1st Wednesday of every month (except August)
5.30pm - 6.30pm, Maes y Coed Community Centre.

 **Graham Hinchey**
07583 721025
Graham.Hinchey@cardiff.gov.uk

Surgeries:
1st Monday of every month
5.30pm - 6.30pm, Lwynfedyd Gardens Bowling Pavilion, Lwynfedyd Gardens, CF14 4NW.

Please ring for an appointment.


LISVANE


 **David Walker**
20765836
dwalker@Cardiff.gov.uk

Surgeries:
Saturday November 22, 10am - 11am, Old School Cabin, Lisvane

To book an appointment please contact Councillor Walker.

LLANFAFF

 **Gareth Aubrey**
20552600
gaubrey@cardiff.gov.uk


 **Kirsty Davies**
20562979
kirstydavies@cardiff.gov.uk

Surgeries:
2nd Saturday of every month 12.30pm - 1.30pm, at Llandaff Parish Hall.

4th Saturday of every month, 12pm - 1pm at St Johns Hall, Danescourt.

LLANFAFF NORTH

 **Dilwar Ali**
07734880397
Dilwar.Ali@cardiff.gov.uk

 **Joe Boyle**
07966779490
Joe.Boyle@cardiff.gov.uk


Vacant position


A By-election is being held on October 2. Results in next month's Capital Times.

Surgeries:
1st & 3rd Tuesday of each month - 5.30pm - 6.30pm Llandaff North Library, Gabalfa Avenue, Llandaff North

2nd & 4th Thursday of each month - 10am - 11am, Gabalfa Community Education Centre, Colwill Road, Llandaff North

LLANISHEN

 **Phil Bale**
07581421282
Phil.Bale@cardiff.gov.uk

 **Garry Hunt**
20750382
Garry.Hunt@cardiff.gov.uk

 **Julia Magill**
20872420
Julia.Magill@cardiff.gov.uk

Surgeries:
Every Saturday 10am - 11am at Cardiff North Labour Office, 13 Llangranog Road, Llanishen.

 **Andrew Graham**
20751364
Andrew.Graham@cardiff.gov.uk

Surgeries:
To book an appointment or arrange a house call please phone or email Councillor Graham.

LLANRUMNEY

 **Derrick Morgan**
20779183
Derrick.Morgan@cardiff.gov.uk


 **Heather Joyce**
07581163394
HJoyce@cardiff.gov.uk

Surgeries:
1st Saturday of every month; and every Tuesday 9.30am at Llanrumney Library, Countisbury Avenue

 **Keith Jones**
07500554167
Keith.Jones@cardiff.gov.uk

Surgeries:
No appointment necessary. To book an appointment or arrange a house call please phone or email Councillor Jones.

PENTWYN

 **Joseph Carter**
20734659
jcarter@cardiff.gov.uk

 **Judith Woodman**
20541534
jwoodman@cardiff.gov.uk

 **Keith Hyde**
20732807
khyde@cardiff.gov.uk

 **Paul Chaundy**
20734313
pchaundy@cardiff.gov.uk


Surgeries:
11.30am - 12.30pm at the Powerhouse, Llanedeyrn or 11.30am - 12.30pm at Pentwyn Leisure Centre. No appointment necessary

PENTYRCH


 **Craig Williams**
07843233083
CWilliams@cardiff.gov.uk

Surgeries:
To book an appointment or arrange a house call please phone or email Councillor Williams.

PENYLAN

 **Bill Kelloway**
20756886
bkelloway@cardiff.gov.uk


 **Joe Boyle**
07966779490
Joe.Boyle@cardiff.gov.uk

 **Tricia Burfoot**
20488796
pburfoot@cardiff.gov.uk


Surgeries:
Friday, October 17 and Friday, November 21, 6pm - 7pm, Marlborough Primary School, Blenheim Road.

PLASNEWYDD

 **Daniel De' Ath**
07581421273
Daniel.De'Ath@cardiff.gov.uk


 **Mohammed Javed**
20753389
Mohammad.Javed@cardiff.gov.uk

 **Mary McGarry**
20371324
Mary.McGarry@cardiff.gov.uk

 **Sue Lent**
07790962764
Sue.Lent@cardiff.gov.uk


Surgeries:
Every Saturday morning 10am- 11am (except August) - Penylan Library and Community Centre, Ninian Road

PONTPRENNAU & OLD ST MELLONS

 **Diane Rees**
20794918
DiRees@cardiff.gov.uk

Surgeries:
1st Saturday of every month, 9.30am-10.30am - Caer Salem Baptist Chapel, Tyr Winch Road.


1st Monday of every month (except for Bank Holidays and August) 6pm - 7pm - Pontprennau Community Centre, Heol Pontprennau

 **Georgina Phillips**
20360692
Georgina.Phillips@cardiff.gov.uk

Surgeries:
1st Saturday of every month, 9.30am - 10.30am at Pontprennau Community Church Centre, Heol Pontprennau.

1st Saturday of every month, 11am - 12pm in the hall at the rear of Caersalem Baptist Church, Mill Lane, Old St. Mellons.

RADYR & MORGANSTOWN


 **Roderick McKerlich**
20843106
RMcKerlich@cardiff.gov.uk

Surgeries:
To book an appointment please phone or email Councillor McKerlich.

RHIWBINA

 **Jayne Cowan**
20627757
JCowan@cardiff.gov.uk

 **Adrian Robson**
20627757
ARobson@cardiff.gov.uk

 **Eleanor Sanders**
20628587
Eleanor.Sanders@cardiff.gov.uk

Surgeries:
Joint Surgery with the Fire Service, October 3, 10am-11am. Rhiwbina Farmers Market, Butchers Arms Public House Car Park, Heol y Felin, Rhiwbina.

RIVERSIDE

 **Cecilia Love**
079666475 94
Cecilia.Love@cardiff.gov.uk

 **Iona Gordon**
20345213
Iona.Gordon@cardiff.gov.uk

 **Darren Williams**
07891485523
Darren.Williams@cardiff.gov.uk

Surgeries:
2nd and 4th Saturdays in the month in Canton Library; 12pm - 1pm, 1st, 3rd and 5th Saturdays of the month in Litchfield Court, Tudor Street, opposite the petrol station. 12.30 - 1.30pm No appointment necessary

RUMNEY

 **Bob Derbyshire**
20363748
Bob.Derbyshire@cardiff.gov.uk

 **Jacqueline Parry**
20796 066 / 07919962479
JackieParry@cardiff.gov.uk


Surgeries:
1st Monday of every month, 10am - 11am at Rumney Library, Brachdy Road.


3rd Thursday every month 6.30pm - 7.30pm at Rumney Community Centre, Llanstephan Road.

Cllr Parry is available to visit residents on request.

SPLOTT

 **Gretta Marshall**
20759241
Gretta.Marshall@cardiff.gov.uk

 **Huw Thomas**
2046 2684
Huw.Thomas@cardiff.gov.uk

 **Ed Stubbs**
07944 188112
Ed.Stubbs@cardiff.gov.uk


Surgeries:
First Saturday of month (except January). 10am at STAR Centre.

Second Wednesday of month, 6pm at Moorland Community Centre

Third Saturday of month, 10am at St Phillip's Church Hall, Tweedsmuir Road.

Last Saturday of month (except August). 10am. Street surgery in Splott, Tremorfa, Pengam Green

TROWBRIDGE

 **Monica Walsh**
20779541
MoWalsh@cardiff.gov.uk

 **Ralph Cook**
2079 3809
ralphcook@cardiff.gov.uk

Surgeries:
Councillors Ralph Cook and Monica Walsh would be pleased to see you on 1st Saturday of every month, except in January and August, at 10 am at St Mellons Library, Crickhowell Road, St Mellons.

 **Michael Michael**
07900570722
Michael.Michael@cardiff.gov.uk


Surgeries:
Councillor Michael Michael would be pleased to see you on the 1st Wednesday of every month (excluding August & January), 9am-10am at Trowbridge Community Centre, Caernarvon Way, Rumney.

WHITCHURCH & TONGWNLAIS

 **Chris Davis**
07772919515
Chris.Davis@cardiff.gov.uk

 **Jonathan Evans**
20597084
Jonathan.Evans@cardiff.gov.uk

 **David Groves**
20193225
david.groves@cardiff.gov.uk

 **Benjamin Thomas**
20628773
Ben.Thomas@cardiff.gov.uk

Surgeries:
First Saturday of the month, 11am to 12pm in Whitchurch Library.

Second Saturday of the month, 11am to 12pm in Whitchurch Community Centre.

Third Saturday of the month, 11am to 12pm in Anar Baptist Church, Whitchurch.

Fourth Saturday of the month, 11am to 12pm in Bethesda United Reformed Church, Tongwynlais

Active Cardiff Group Fitness Programme is Cardiff's Biggest & Best!

The Active Cardiff Group Exercise Programme has been developed over the last 12 months so that it is unrecognisable in terms of variety and innovativeness. Listening to our members and searching the industry for new and exciting ideas has ensured we have the best to offer.



MOSSA programmes such as Kick burns calories and builds body strength with a combination of cutting edge moves and thrilling music. Kelly, 35 from Cardiff say that 'Kick has inspired me to believe in myself and as a nervous exerciser the Active Cardiff instructors made me feel welcome so that I felt comfortable giving it a go.'

Group Power also adds to the variety of member's workout programmes by offering an intense workout using barbells, weight plates and body weight. Great fun whilst pushing you to your personal best.

Jon, 28 from Cardiff, says 'I had always considered group fitness to be geared towards women. I was shocked at how hard it was and now train every week, noticing a real difference in my overall training.'

TABATA

Tabata, a 20 minute class is exhilarating, intense and scientifically proven to maximise your fitness levels in a seriously short amount of time. It beats the boredom of an hour on the treadmill hands down and eliminates the 'no time' excuses!

Whatever your level of fitness we offer over 500 classes across the city, from the more traditional 'Bums, tums and thighs' and circuit training, to the dance crazes sweeping the nation such as Zumba, and now the new exciting Moussa and Tabata programmes. We have something for everyone!

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WIN A MONTH ACTIVE CARDIFF MEMBERSHIP!

Simply answer the question below and you will be entered into a draw to **win a 12-month Active Cardiff Membership**. Ten runners up will receive a free 7-day Active Cardiff Pass.

Question: How many classes are offered in the Active Cardiff Group Fitness Programme?

Answer:

Phone No:

Name:

Email:

All entries are to be returned to your local leisure centre or emailed to ActiveCardiff@cardiff.gov.uk.
Closing date for entries: 31 October 2014. Late entries will not be accepted. Draw to take place Monday 10 November 2014.
Full Terms & Conditions available from Active Cardiff, County Hall, Cardiff.

Free Fitness Class

Name:

Contact number:

Pass expires: 31 October 2014 *Terms and Conditions Apply.
Applicable to non-bookable classes only.

www.cardiff.gov.uk/leisure

